

Caring Connections

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Summertime...and the Livin' is Easy!

While this past year has been anything *but* easy, we are finally easing into our new summer schedule here at the 50+ Centers. We are pleased to announce that in addition to Connections Corner on Tuesdays at 11 a.m., we will also have some onsite programming available at the Ellicott City 50+ main building and Fitness Center. All 50+ Centers are now open without appointments or reservations, and masks are optional. Please don't hesitate to reach out to any of the Connections staff if you have any questions about the centers' re-opening or programs being offered.

We know you're busy celebrating everything that summer has to offer—picnics, pools, parks and parties come to mind—but we hope you'll take some time out from your lazy, crazy, hazy days of summer and stop by a 50+ Center so we can see you in person!

We can't wait to see you at the centers,

Judy Miller, Nancy Riley and Felicia Stein,
Social Day Program Directors



July Birthdays

In astrology, those born July 1–22 are Cancer's Crabs. Crabs like to retreat into their "shells" and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends. Those born July 23–31 are Leo's Lions. These "kings of the savanna" are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause.

Happy birthday to Ellicott City Connections members LeRay, Mary and Ruby, and North Laurel Connections members Kim, Paula and Shirley!

Famous July birthdays:

Thurgood Marshall (justice) – July 2, 1908
Frida Kahlo (artist) – July 6, 1907
Satchel Paige (ballplayer) – July 7, 1906
Tom Hanks (actor) – July 9, 1956
Henry David Thoreau (writer) – July 12, 1817
Harrison Ford (actor) – July 13, 1942
Regina Belle (singer) – July 17, 1963
Carlos Santana (guitarist) – July 20, 1947
Ernest Hemingway (writer) – July 21, 1899
Amelia Earhart (pilot) – July 24, 1897

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Celebrating July
(click links to learn more)

[Anti-Boredom Month](#)

[World Watercolor Month](#)

[Independence Day](#)

July 4

[World Chess Day](#)

July 20

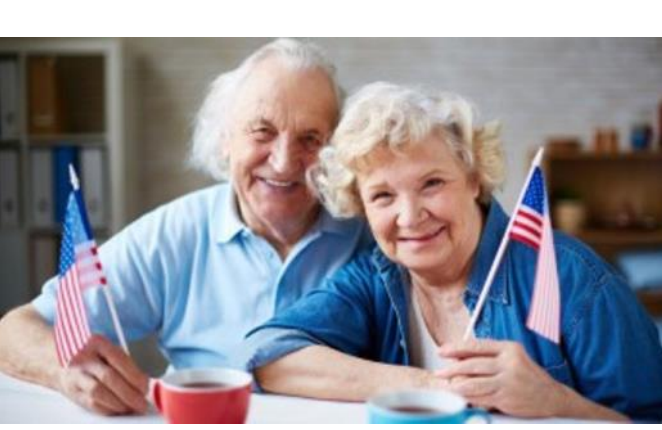
[Day of the Cowboy](#)

July 24

[World Ranger Day](#)

July 31

July Programs: In-Person & Virtual



Onsite opportunities at the Ellicott City 50+ Center

featuring Connections staff:

- Tuesdays at 11 a.m.*, Jill leads a different activity each week:
 - July 6**—Bingo
 - July 13**—Trivia
 - July 20**—Boggle
 - July 27**—Brain Bootcamp

- Thursday, July 15 at 11 a.m.: Trending* with Jill. Join this

new group for a healthy inside look at a new topic each month. Enjoy respectful conversation as interested participants share their views.

• **Get creative with Joyce:**

July 14 at 1 p.m., DIY refreshing body mist and sugar scrub. Join Joyce for a hands on demonstration on how to use simple ingredients and create your own refreshing body mist and scrub. To assure enough supplies are available, please sign up by **July 9**. Class held in the 50+ Fitness Center.

July 28 at 1 p.m., Beginner's mandala. Learn the basics and observe a demonstration on how to do Mandala Art, a simple art technique using many colorful dots.

To participate in one of our in-person programs, [please fill out an 50+ center application](#) for your loved one in advance of your visit or when you come to the center. **Caregivers must accompany their loved one** and remain with them for the duration of the program, as well as comply center rules, which may vary by location.

- Connections Corner**—Join us at **11 a.m. every Tuesday** in July for fun and fellowship! We are playing virtual BINGO July 6 and July 27. We will have word games, trivia and brain teasers on July 13, and the music therapist will join us July 20. Michelle will lead us in exercise each week except July 13.
<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2273c6335165c91707e600b983778163>
Host key: 374609 *Meeting number:* 172 152 9827 *Password:* Summerfun50+
Join by video system: Dial 1721529827@howardcountymd.webex.com
You can also dial 173.243.2.68 and enter your meeting number.
Join by phone: 1-650-479-3207 Call-in toll number (US/Canada). Access code: 172 152 9827.

Join us in July for a Mediterranean Feast!



Set up in a socially-distant and safe manner, you are invited to pick up your meal courtesy of the Howard County Office on Aging and Independence! July's meal features delicious cuisine from Nora's Kabob Mediterranean: grilled chicken kabob with rice and grilled vegetables, plus hummus, tzatziki and pita. Meal also comes with a side of Greek salad and fruit.

To register and secure your reservation call the Howard County Nutrition Line at 410-313-3640 (voice/relay) between 9 a.m. and 3 p.m. through Wednesday, June 23. LUNCHES ARE LIMITED TO THE FIRST 125 REGISTRANTS.

Meal distribution and pick-up is on Wednesday, July 7,

11 a.m. until noon at the Ellicott City 50+ Center 9401, Frederick Road, Ellicott City, 21042.

If you need this information in an alternate format, or need accommodations to participate, contact the Howard County Nutrition Line at 410-313-3640 (voice/relay). www.howardcountymd.gov/aging. Each person must register individually to receive a meal. Must be 60 or older to participate; spouses of any age may also participate. Participants will have the opportunity to donate to the cost of the meal valued at \$16.50. Confidential donation envelopes will be provided on-site.

For the 4th: Patriotic Song Challenge

Can you match the names of these patriotic songs to the lyrics below?

- Whose broad stripes and bright stars thru the perilous fight
O'er the ramparts we watched were so gallantly streaming
- America! America! God shed his grace on thee,
And crown thy good with brotherhood From sea to shining sea.
- Land where my fathers died!
Land of the Pilgrims' pride!
From ev'ry mountain side,
Let freedom ring!
- You're the emblem of The land I love.
The home of the free and the brave!
- From the mountains, to the prairies,
To the oceans white with foam

Answers: : 1. C; 2. A; 3. D; 4. E; 5. B



- "America the Beautiful"
- God Bless America"
- "The Star-Spangled Banner"
- "America (My Country 'Tis of Thee)"
- "You're a Grand Old Flag"

Get to the (Mini) Golf Course!



World Miniature Golf Day is on July 11. Mini golf, like full-sized golf, was invented in Scotland at the famous St. Andrew's golf course. The first miniature course was a putting green set up for the wives of golfers to amuse themselves while their husbands played 18 holes. But this course, called the Ladies' Putting Club, with its lush, rolling greens, bears no resemblance to the tacky miniature courses we have come to love with their rotating windmills, waterfalls, and all manner of gimmicks and obstacles.

The rightful inventor of these beloved mini-golf courses was Garnet Carter, owner of the Fairyland Inn hotel outside of Chattanooga, Tennessee. In the late 1920s, Carter created a tiny course that matched his whimsical hotel theme. He called it Tom Thumb Golf and littered the course with fairyland statues, hollow logs, sewer pipes, and other fanciful obstacles. By 1930, 25,000 mini-golf courses had appeared across America, each one just as fanciful as Carter's.

Howard County has a few mini golf courses that you can try out in honor of World Miniature Golf Day:

- [Columbia Sports Park](#) 5453 Harpers Farm Rd, Columbia, MD 21044, 410-715-3054
- [Monster Mini Golf](#) 7351 Assateague Dr #380, Jessup, MD 20794, (410) 579-4653
- [Rocky Gorge 4 Seasons Golf Fairway](#) 8445 Old Columbia Rd, Laurel, MD 20723, (301) 725-0888

Art Rocks!

July 3 is **International Drop a Rock Day**, a day when people all around the world will participate in the simple act of painting rocks and leaving their small pieces of artwork in places for others to find and enjoy. These small acts of public art are like small, warm hugs for passersby. While it is easy to find rocks to paint while strolling your neighborhood, landscaping and gardening stores often sell rocks for minimal cost. First, make sure to wash your rock of any dirt and debris. Some choose to apply a basecoat of paint to create a blank canvas, while others love the look of bare rock as a background. Acrylic paint is perfect for painting rocks, but some people choose paint pens for their ease of use. Lastly, applying a spray sealer will ensure that your artwork lasts, but some enjoy the notion that rock art is temporary. When the paint rubs off over time, someone else will get to paint a fresh message or picture.



"I drifted into a summer-nap under the hot shade of July, serenaded by a cicadae lullaby, to drowsy-warm dreams of distant thunder."

–Terri Guillemets

